

# St. Rita's Medical Center

## Health Needs Implementation Plan

In Response to the 2013 Community Health Needs Assessment



**IDENTIFYING INFORMATION**

Hospital Name: St. Rita’s Medical Center  
Primary Address: 730 W. Market Street Lima Ohio 45801-4667  
Tax Identification Number: 34-1105619  
Chief Executive Officer: Bob Baxter  
Date Report Approved by Regional Governing Board: 9/26/2013  
Due date for Form 990 filing that includes implementation strategy: 11/17/2014

**Prioritized Health Needs**

The prioritized health needs of the community served by the Hospital from the 2013 Community Needs Assessment are listed below.

Health Need	Description
Exercise, Nutrition, and Weight	Community members indicated that there are many people impacted by health conditions related to exercise, nutrition, and weight. The statistics indicate that the percentage of adults who are obese is in the worst quartile for Allen, Auglaize, and Putnam counties.
Mental Health	Community members expressed concern that many people are impacted by mental health and consequences of not attending to mental health needs can be severe. The age adjusted death rate due to suicide in the community is in the worst quartile.
Cancer	Community members indicated that the consequences of not attending to health needs related to cancer can be severe. Community members indicated their belief that the community has adequate data to measure outcomes related to cancer. The age adjusted death rates for breast cancer and colorectal cancer are in the worst quartile for the community.
Substance Abuse	Community members expressed concern that the consequences of not attending to health needs related to substance abuse can be severe. The statistics indicate that the community is in the worst quartile for adults who binge drink and adults who smoke.
Maternal, Fetal, and Infant Health	The statistics indicate that the community is in the lowest quartile for the infant mortality rate and babies born with very low birth weight.

St. Rita's Medical Center CHNA Implementation Plan

St. Rita's Medical Center is dedicated to continuing the healing ministry of Jesus Christ. For 92 years St. Rita's has been steadfast in its mission of caring for the poor, the elderly and the vulnerable members of the community and to improving the health of the many communities it serves.

Over the next three years, we will focus our attention on the priorities identified in the 2013 Community Health Needs Assessment just completed as well as initiatives already underway to prevent illness and keep our population healthy and productive.

Health Priority	Services to be Delivered	Goals
<p><b>Obesity/Weight</b></p> <p>Community members indicated that there are many people impacted by health conditions related to exercise, nutrition, and weight. The statistics indicate that the percentage of adults who are obese is in the worst quartile for Allen, Auglaize, and Putnam counties.</p>	<p><b>St. Rita's Healthy Kids Fair</b> St. Rita's plans to present an event to motivate kids and parents to stay fit. The free event will feature motivational speakers, educational resources, and fun activities to promote an active lifestyle.</p> <p><b>Farmers Market</b> St. Rita's campus will be the location of a market to offer fresh locally grown produce in the downtown area.</p> <p><b>Veggie U Program</b> St. Rita's plans to sponsor a program that provides classroom garden kits and a 5 week science program for elementary classes.</p>	<p>The goal is to increase awareness and excitement about a healthy lifestyle.</p> <ul style="list-style-type: none"> <li>• Program developed 2011</li> <li>• 2013 -500 kids and parents participated</li> <li>• 2014-15-increase participation by 3%</li> </ul> <p>The goal is to increase access to healthy food options for downtown Lima community and employees.</p> <ul style="list-style-type: none"> <li>• Started in 2012</li> <li>• Expanded to public in 2013</li> <li>• 2014 plans to expand/add other health options (drinks)</li> </ul> <p>The goal is to combat childhood obesity and related diseases through increased awareness of healthy food options and the importance of sustainable agriculture.</p> <ul style="list-style-type: none"> <li>• 2012 program start up</li> <li>• 2013 Provided funding for Earth to Table program in 3 Lima, Ohio Elementary Schools</li> <li>• 2014 -1 additional elementary school</li> </ul>

	<p><b>Fitness Events</b> St. Rita's plans to support various running and cycling events to encourage physical activity.</p> <p><b>Health Fairs</b> St. Rita's plans to participate in several health fairs. These events provide community members opportunities to learn about achieving and maintaining good health.</p> <p><b>Health Screenings</b> St. Rita's plans to provide screenings including BMI for employees and community members at various community events.</p> <p>Patient Centered Medical Homes (PCMH) expansion to Clinical Integrated Networks (CIN).</p>	<ul style="list-style-type: none"> <li>• 2015 -1 additional elementary school</li> </ul> <p>The goal is to increase opportunities for community members to participate in exercise activities.</p> <ul style="list-style-type: none"> <li>• Started in 2011 with St. Rita's employees</li> <li>• 2012 events were expanded to include public and added Wellness on Wheels biking event</li> <li>• 2014 increase community participation</li> </ul> <p>2012</p> <ul style="list-style-type: none"> <li>• Provide information to community members about various health topics.</li> </ul> <p>2013</p> <ul style="list-style-type: none"> <li>• Increase access to health data so that community members can monitor their health. (My Chart)</li> <li>• Introduce I Triage for smart phones</li> </ul> <p>2014</p> <ul style="list-style-type: none"> <li>• Link health data to Patient Centered Medical Homes</li> <li>• Accountable Care Organization 33 quality standards integrated into the CIN.</li> <li>• Metabolic Syndrome initiative</li> </ul> <p>The goal is to provide information</p>
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	<p><b>Health Resource Center</b> St. Rita's plans to continue to provide healthcare resources to patients, families, and the communities at no charge. Resources address a variety of topics, including exercise, nutrition and weight.</p> <p><b>Cardiac Rehab Programs</b> St. Rita's plans to promote the continuation of an exercise plan for patients who are recovering from a cardiac event or living with cardiovascular disease.</p> <p><b>D54U Program</b> St. Rita's will continue to offer this program to help diabetic patients manage their blood pressure, cholesterol, blood sugar, tobacco free, and medications.</p> <p><b>Creating Healthy Communities Program</b> Program will work to improve physical activity and nutrition in schools, worksites, and community through policy, system, and environmental changes. Program is made possible by a grant from Ohio Department of Health and the</p>	<p>to community members about various health topics.</p> <ul style="list-style-type: none"> <li>• St. Rita's is the major sponsor for a Heart Chase event for the community September 14<sup>th</sup>, 2013. The goal is to help raise awareness of heart health in the community. St. Rita's goal is to grow this event in 2014, 2015 and beyond.</li> </ul> <p>The goal is to increase access to health data so that community members can monitor their health.</p> <ul style="list-style-type: none"> <li>• 2012 St. Rita's covered lives were first offered the program and showed clinical cost improvements</li> <li>• 2013 reorganized diabetes clinic</li> <li>• 2014 provide diabetic information education and services to community through 8 PCMH offices.</li> </ul> <p>The goal of the two-year effort is to focus on prevention as a way to keep people healthy.</p> <p>The goal is to increase access to health data so that community members can monitor their health.</p> <ul style="list-style-type: none"> <li>• Program established in</li> </ul>
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	<p>Activate Allen initiative. St. Rita’s representatives participate in this community wide initiative.</p> <p><b>Healthy St. Rita’s</b> Program is designed to improve the short and long-term health of St. Rita’s associates and their dependents. It includes annual biometric screenings and rewards healthy lifestyle choices for many preventative services (mammograms, colonoscopies, exercise programs, diabetes management, etc.).</p>	<p>2012</p> <ul style="list-style-type: none"> <li>• 2013 –evaluating program outcomes and measures</li> <li>• 2014 Working with Area Hospital Network to determine how program can be expanded.</li> </ul>
<p><b>Mental Health</b></p> <p>Community members expressed concern that many people are impacted by mental health and consequences of not attending to mental health needs can be severe. The age adjusted death rate due to suicide in the community is in the worst quartile.</p>	<p><b>Behavioral Health Program</b> St. Rita’s plans to continue to subsidize Behavioral Services including acute psychiatric inpatient services, evaluation and stabilization inpatient services, and outpatient services and assessments.</p> <p><b>Crisis Intervention Program</b> St. Rita’s plans to continue to operate the Behavioral Access Center at St. Rita’s, which impacts both inpatient crisis patients, as well as has a significant presence in the Emergency Department for</p>	<p>Patient Treatment Intervention Team (PITT) is offered to behavioral health patients who suffer from SPMI (Severe and Persistent Mental Illness). It is an integrated team approach by strengthening community and family involvement . The service is free, patient centered and individualized.</p> <ul style="list-style-type: none"> <li>• 2104 Integration of Behavioral Health Services into PCMH Practices</li> </ul>

	<p>Crisis patient intervention and management.</p> <p><b>Support the efforts of the Mental Health and Recovery Services Board and the We Care Crisis Center.</b>  St. Rita’s collaborates with the Mental Health and Recovery Services Board to provide access to information about mental health services. The collaborating partners also work with incarcerated person to obtain services upon release.</p>	
<p><b>Cancer</b></p> <p>Community members indicated that the consequences of not attending to health needs related to cancer can be severe. Community members indicated their belief that the community has adequate data to measure outcomes related to cancer. The age adjusted death rates for breast cancer and colorectal cancer are in the worst quartile for the community.</p>	<p><b>Community Educational Events</b>  St. Rita’s employees plan to make presentations for various clubs and organizations.</p> <p><b>Contribute to the Work of the Breast Cancer Coalition</b>  St. Rita’s resources will be used to support efforts to raise awareness and provide education to the community, as well as continuing education for health professionals.</p> <p><b>Contribute to the work of the Colorectal Cancer Coalition</b>  St. Rita’s resources will be used to support efforts to</p>	<p>The goal is to increase community knowledge about cancer and prevention.</p> <ul style="list-style-type: none"> <li>• Grass Drag</li> <li>• Allen County Sister Project</li> </ul> <p>A community Breast Cancer Coalition was established in 2011. The goals of this group are to continue to raise awareness and provide education to the community and begin providing continuing education for area health professionals.</p> <p>St. Rita’s Physician led the area Colorectal Cancer Coalition established in 2003. This group has been successful in providing information to the medical community about the importance of early screening and the latest, most effective technology. This group provides awareness and</p>

	<p>provide information to medical community about early screening and effective technology.</p> <p><b>Support the efforts of The American Cancer Society</b> The American Cancer Society assists patients and family members with finding information about diagnosis, meeting day-to-day needs, and providing emotional support. St. Rita's will collaborate with ACS on the Making Strides Against Breast Cancer and Relay for Life Events. St. Rita's will also support ACS in other projects and events.</p> <p><b>Cancer Resource Center</b> St. Rita's will continue to provide a library of books, brochures, magazines, videos, audiotapes, and other information related to cancer. This program is offered in conjunction with the American Cancer Society and other area businesses.</p> <p><b>ECOG Program</b> St. Rita's will continue to participate in a clinical research program for Cancer patients.</p>	<p>education to the community</p> <ul style="list-style-type: none"> <li>• 2012-2013- saw a 20% increase in screening colonoscopies</li> <li>• Goal for 2014 -2015 to continue to the increase in screening colonoscopies</li> </ul> <p>St. Rita's partners with the American Cancer Society to provide a Cancer Resource Center on our hospital campus to assist patients and family members in finding information about their recent diagnosis. And to assist patients in meeting their day-to-day needs.</p> <p>The goal of the Cancer Resource Center is to provide resources, information, guidance, and support.</p>
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<p><b>Substance Abuse</b></p> <p>Community members expressed concern that the consequences of not attending to health needs related to substance abuse can be severe. The statistics indicate that the community is in the worst quartile for adults who binge drink and adults who smoke.</p>	<p>St. Rita’s Medical Center treats adults with psych and addiction disorders in an outpatient setting.</p> <p>The program offers assessment through partial hospitalization, intensive outpatient, aftercare groups, relapse prevention.</p> <p><b>Tobacco Free Campus</b> No smoking or other tobacco use is permitted on St. Rita’s facilities. This policy will continue.</p> <p><b>Medication Management Clinic</b> St. Rita’s will continue to offer a tobacco cessation program.</p>	<p>Mercy Hall serves as a bridge connecting phone inquiries and patients to treatment resources</p> <p>AA, NA and Al-Anon are given rooms within SRMC to conduct their meetings.</p> <p>Detoxification is offered on our med-surgical units along with assessment and recommendation for treatment</p> <ul style="list-style-type: none"> <li>• 2009 Tobacco free campus</li> <li>• 2013 – Develop plan to designate Healthy Life Style Districts with in the City of Lima</li> <li>• 2014 – Implement hospital into Health Life Style District</li> <li>• 2105 Increase Districts with the City of Lima <ul style="list-style-type: none"> <li>○ Tobacco free</li> <li>○ Walking paths</li> <li>○ Bike racks</li> </ul> </li> </ul>

	<p><b>Tobacco Free Living Team Leader</b>  St. Rita's will dedicate a full time employee to work on the tobacco free goals set by the Community Transformation Grant Implementation Plan.</p>	<p>Goals of this program include increasing the number of residents employed by tobacco free workplaces, increasing the number of tobacco free housing buildings, and increase the number of residents protected from second hand smoke at public venues, and increasing the number of health care providers using clinical practice guidelines for tobacco screening and cessation.</p>
<p><b>Maternal/Child Health</b></p> <p>The statistics indicate that the community is in the lowest quartile for the infant mortality rate and babies born with very low birth weight.</p>	<p>St. Rita's Mother Baby Unit offers comprehensive OB healthcare services –  # of delivers each year  Prenatal education classes</p> <p><b>Family and Children First Council</b>  St. Rita's will continue to provide financial support to the efforts of the local council.</p>	<p>St. Rita's will partner with area agencies who have established programs to address this need in the community.</p> <ul style="list-style-type: none"> <li>• Allen County Health Department – Caring for Two Program-Community Care Coordinators</li> <li>• Breastfeeding Coalition</li> <li>• Small Community Transformation Grant</li> <li>• WIC breastfeeding program</li> </ul>